

SUGGESTED USAGE: Take 1/2 level teaspoon 3 to 4 times daily. Mix into 8 oz. of water or your favorite beverage. For best results, allow at least 2 hours between doses.

Beta-alanine is a non-essential amino acid that is used by muscle cells to synthesize carnosine.* Carnosine is a dipeptide (beta-alanine plus histidine) that functions as a buffer for the hydrogen ions (acid) produced during strenuous exercise, thus helping to maintain optimum muscular pH.* NOW Sports uses CarnoSyn®, a patented form of beta-alanine that has been clinically tested and shown to increase muscle carnosine content, allowing muscles to work harder and longer during intense exercise.* NOW® Sports Beta-Alanine is backed by scientific research demonstrating that CarnoSyn® supplementation results in delayed muscle fatigue and rapid recovery time, thereby helping you attain your strength and endurance training goals.*

Caution: For adults only. Beta-alanine may cause a harmless, temporary tingling sensation on the skin for some individuals. After a few weeks of supplementation with beta-alanine, this sensation normally lessens or subsides. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Code 2007N V10



NET WT. 500 G (17.6 OZ.)
A Dietary Supplement



BETA-ALANINE POWDER

ENDURANCE*

**PURE
POWDER**

**MUSCULAR
ENDURANCE***

**DELAYS
MUSCLE
FATIGUE***

Supplement Facts

Serving Size 1/2 Level Teaspoon (approx. 2 g)
Servings Per Container about 250

Amount Per Serving	
CarnoSyn® Beta-Alanine	2 g (2,000 mg)*
* Daily Value not established.	

Other ingredients: None.

Quality Tested & Packaged by NOW FOODS
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nowsportsproducts.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Natural color variation may occur in this product.
Do not eat freshness packet enclosed.
This product is sold by weight not volume.
Store in a cool, dry, dark place after opening.